



TRAINING GUIDE

If you are interested in leading a Couch to 5K Training Program in your community, please email healthierjupiter@htpbc.org or call us at 561-263-7579

Welcome!

This program is a great way to ease your way into a healthier lifestyle and get ready for that 5K you have always wanted to run! This Couch to 5K Training Program is open to all physical activity levels and ages. Families are encouraged to participate together. This guide will help you prepare for the program and to walk or run your first 5K.

You can start or restart the training for a 5K at any time with this Couch to 5K Training Guide! Follow the 9-week training schedule for walkers or runners at any time to help train for your next 5K or to stay active throughout the year.

Disclaimer: Please consult your medical provider before you begin any fitness routine. The Couch to 5K Training Guide is only intended as a guide and should not be treated as a substitute for medical advice.

Beginner Strength Training Program

If you have not done strength training before or have never been at a gym, this workout is best for you. Even if you are in relatively good shape or have taken a break from working out, it is often best to start here for the first couple of weeks and increase intensity gradually. Be sure take a 30-second break between sets.

Lower body:

- 15 squats
- 15 lunges on each leg
- Three sets of a wall quad sit (holding for 30 seconds)
- Three sets of 10 heel raises
- 10 toe raises

Core work:

- Front plank (holding for 30 seconds)
- Side plank (both sides, holding for 30 seconds)
- Bicycle crunch (one minute)
- 12 bird dogs (holding for five seconds)
- Reverse crunch (30 seconds)
- 20 push-ups

Intermediate Strength Training Program

The intermediate strength training program amps up the number of sets and adds some variations to increase the workout intensity.

Lower body:

- Two sets of 15 squats
- Two sets of 15 lunges (on each side)
- Three sets of a wall quad sit (holding for 40 seconds)
- Three sets of 10 heel raises
- 15 toe raises

Core work:

- Front plank (holding for 45 seconds)
- Side plank (both sides, holding for 45 seconds)
- Bicycle crunch (90 seconds)
- 12 bird dogs (holding for 10 seconds)
- Reverse crunch (one minute)
- 40 push-ups
- Three Superman abs (holding for three seconds)

For exercise instruction and videos: <https://www.verywellfit.com/strengthening-workouts-for-runners-2911909>

Training Tips Walking:

- Consistency is important
- Need better walking shoes?
- Build speed by adding arm motion
- Intervals for aerobic fitness/ speed
- Add distance / time builds stamina and endurance
- Work on good posture and form
- Drink water each mile
- Prevent blisters
- Rest between more intense workouts

5K Walking Training Schedule for Beginners

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	15 minute walk easy pace	15 minute walk easy pace	Rest	15 minute walk easy pace	15 minute walk easy pace	Rest	15 minute walk easy pace (.5 mile walk)
2	20 minute walk	20 minute walk	Rest	20 minute walk	20 minute walk	Rest	20 minute walk (1 mile walk)
3	25 minute moderate pace	25 minute moderate pace	Rest	25 minute moderate pace	25 minute moderate pace	Rest	25 minute moderate pace (1.25 mile walk)
4	30 minute moderate pace	30 minute moderate pace	Rest	30 minute moderate pace	30 minute moderate pace	Rest	40 minute moderate pace (1.75 mile walk)
5	30 minute moderate pace	30 minute moderate pace	Rest	30 minute moderate pace	30 minute moderate pace	Rest	45 minute moderate pace (2 mile walk)
6	30 minute moderate pace	30 minute moderate pace	Rest	30 minute moderate pace	30 minute moderate pace	Rest	60 minute moderate pace (2.5 mile walk)
7	High-Intensity Interval Walk *	Rest	Anaerobic Threshold Workout **	Rest	45 minute moderate pace	Rest	60 minute moderate pace (2.75 mile walk)
8	High-Intensity Interval Jog*	Rest	Anaerobic Threshold Workout **	Rest	45 minute Easy Pace	Rest	60 minute moderate pace (3 mile walk)
9	45 minutes moderate pace	50 minutes easy pace	Rest	45 minutes moderate pace	50 minutes easy pace	Rest	Race Day (3.1 miles)

* **High-Intensity Interval Walk:**

After a 2-5 minute warm-up, walk as fast as possible for 30 seconds, slow for 2 minutes, and repeat 8-12 times.

** **Anaerobic Threshold Workout:**

After a 2-5 minutes warm-up, walk or run at 80% to 92 % of your maximum heart rate for 30 minutes.

Training Tips Running:

- You may be wondering how fast you should run. There isn't a target pace you have to hit and as a beginner runner, you should focus on running at a comfortable, conversational pace. Conversational pace means that you should be able to speak in complete sentences while running.
- Strengthening your core can help improve your running form which translates into greater running efficiency. Moreover, your muscles will be able to perform longer before getting fatigued or cramping up.
- In this schedule, you'll notice two dedicated rest days, which are critical to your recovery and injury prevention efforts. Don't skip them. You'll get mentally burned out if you run every day with no break.
- If you're feeling exhausted or notice any pain that lasts longer than a day or two, it's OK to take an extra rest day. Don't worry if you miss a run or two here or there—you'll still be ready for the 5K.

5K Running Training Schedule for Beginners

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Brisk 5 minute walk 8 reps of: 60 sec. jog, 90 sec. walk	Strength Workout	Rest	Brisk 5 minute walk 8 reps of: 60 sec. jog, 90 sec. walk	Strength Workout	Rest	Brisk 5 minute walk 8 reps of: 60 sec. jog, 90 sec. walk
2	Brisk 5 minute walk 6 reps of: 90 sec. jog, then 2 min. walk	Strength Workout	Rest	Brisk 5 minute walk 6 reps of: 90 sec. jog, then 2 min. walk	Strength Workout	Rest	Brisk 5 minute walk 6 reps of: 90 sec. jog, then 2 min. walk
3	Brisk 5 minute walk 2 reps of: 90 sec. jog, 90 sec. walk, 3min. jog, 3 min. walk	Strength Workout	Rest	Brisk 5 minute walk 2 reps of: 90 sec. jog, 90 sec. walk, 3min. jog, 3 min. walk	Strength Workout	Rest	Brisk 5 minute walk 2 reps of: 90 sec. jog, 90 sec. walk, 3min. jog, 3 min. walk
4	Brisk 5 minute walk then: 3 min. jog, 90 sec. walk, 5min. jog, 2 1/2 min. walk, 3min. jog, 90 sec. walk, 5 min. jog	Strength Workout	Rest	Brisk 5 minute walk then: 3 min. jog, 90 sec. walk, 5min. jog, 2 1/2 min. walk, 3min. jog, 90 sec. walk, 5 min. jog	Strength Workout	Rest	Brisk 5 minute walk then: 3 min. jog, 90 sec. walk, 5min. jog, 2 1/2 min. walk, 3min. jog, 90 sec. walk, 5 min. jog
5	Brisk 5 minute walk then: 5 min. jog, 3 min. walk, 5 min.jog, 3 min. walk, 5 min. jog	Strength Workout	Rest	Brisk 5 minute walk then: 5 min. jog, 3 min. walk, 5 min.jog, 3 min. walk, 5 min. jog	Strength Workout	Rest	Brisk 5 minute walk then: 5 min. jog, 3 min. walk, 5 min.jog, 3 min. walk, 5 min. jog
6	Brisk 5 minute walk then: 5 min jog, 3 min walk, 8 min jog, 3 min walk, 5 min jog	Strength Workout	Rest	Brisk 5 minute walk then: 10 min jog, 3 min walk, 10 min jog	Strength Workout	Rest	Brisk 5 minute walk then: 10 min jog, 3 min walk, 10 min jog
7	Brisk 5 minute warm up walk then: 15 min jog, 3 min walk, 15 min jog	Strength Workout	Rest	Brisk 5 minute warm up walk then 15 min jog 3 min. walk 15 min. jog	Strength Workout	Rest	Brisk 5 minute walk then 25 minutes jog
8	Brisk 5 minute walk then 25 minutes jog	Strength Workout	Rest	Brisk 5 minute walk then 28 minutes jog	Strength Workout	Rest	Brisk 5 minute walk then 28 minutes jog
9	Brisk 5 minute walk then 30 minutes jog	Strength Workout	Rest	Brisk 5 minute walk then 30 minutes jog	Strength Workout	Rest	Race Day 3.1 miles

For more information please visit... www.healthierjupiter.org



Healthier Jupiter



A PALM HEALTH FOUNDATION
PARTNERSHIP

Healthier Jupiter, in partnership with Jupiter Medical Center is dedicated to bringing the greater Jupiter community together to encourage each person to live their healthiest life. Healthier Jupiter is part of the Palm Health Foundation's Healthier Together Initiative, a long-term, community-driven approach to solving a community's complex healthcare issues.

Healthier Jupiter's Project Goals include:

- Promote and ensure opportunities for healthy eating and active living
- Encourage people to engage mentally and physically in healthy behaviors
- Convene and collaborate with individuals and organizations across multiple sectors
- Advocate for sustainable policy changes to improve health
- Provide resources and education on chronic disease risks and prevention
- Address the social, economic and environmental factors impacting health